

**METHOD AND SYSTEM FOR PERFORMING MICROABRASION
AND MASSAGE**

BACKGROUND OF THE INVENTION

10 This invention relates to massage devices and methods and, more particularly, to novel apparatus and methods for use in providing aesthetic massages. Further still, the present invention relates generally to abrasion systems and methods for abrading a surface in a controlled manner and, more particularly, to a portable or adaptable microabrasion system that operates to perform dermabrasion in a controlled manner with improved efficiency, hygiene, and finish. The present invention also relates to a system and method that integrates both types of treatment in one convenient apparatus.

15 In the health and beauty industry there has been a great deal of interest in the use of massage and body contouring treatments for their therapeutic and cosmetic value. Massage and body contouring can provide such benefits as the increase of local blood circulation, and relief of minor muscle aches and pains. It has also been reported that such treatments may aid in reducing the appearance of cellulite, smoothing the skin and reducing girth. Moreover, patients find massage and body contouring treatments to be relaxing.

20 Traditionally massages are given by hand, usually by a masseuse who has received extensive training in various hand massage techniques. One technique known as petrissage is described as kneading, or lifting and rolling of the skin. For example, to perform the petrissage technique, the skin and surface muscles of the person receiving the massage can be gently grasped between the thumb and fingers with a pinching-like motion. Petrissage is reported as being stimulating to muscles and to circulation of the deeper blood vessels and lymphatics. Another hand massage technique called effleurage is described as a long, gliding or stroking, movement on the surface of the skin, often using, the entire, flat surface of the hand to stroke the skin. Effleurage is a soothing technique and is reported as increasing circulation and relaxation in patients. Other massage techniques include friction, tapotement, and vibration.

25 30 35 Massage treatments given by hand can be costly for the patient and tiring for the masseuse. In addition, manual manipulations are not typically capable of sustained massage of deep subdermal tissue layers. In an attempt to reduce the expense and effort required for hand massage, various mechanical massage and body contouring devices have been developed. These massage and body contouring devices imitate, to some degree, the manipulation of the skin, the direction or pattern of that manipulation and the pressure applied to the skin associated with various hand massage techniques. Thus, the

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